Certification 1: The National Academy of Sports Medicine (NASM) – Certified Personal

Trainer (CPT) NASM-CPT is an acronym/abbreviation, and the governing body is the

National Academy of Sports Medicine (NASM) which was established in 1987 by Dr. Robert

M. Goldman.

Governing Body: NASM is a well-established organization that offers evidence-based

fitness certifications.

Focus of Certification:

The NASM-CPT uses the Optimum Performance Training (OPT) Model in order to ensure

client outcomes are met in stabilization, strength, and power.

Suitable for those wishing to work with the general population, athletes and individuals

with specific performance requirements.

Price (All Levels):

Self-Study: $799

Premium Self-Study: $1,099

Guided Study: $1,399

All-Inclusive: $1,999

Retake Fee: $199

Study Materials/Access/Tests/Exams Included:

Self-Study: E-textbook, practice the final certification exam and each individual exam.

Premium Self-Study: It comes with extra learning tools and video lectures.

Guided Study: Access to live mentorships and workshops.

All-Inclusive: All the materials, unlimited exam retakes.

Certification 2: International Sports Sciences Association (ISSA) – Certified Personal

Trainer (CPT)

Acronym/Abbreviation & Governing Body:

ISSA-CPT is the International Sports Sciences Association – Certified Personal Trainer.

Governing Body: ISSA is a fitness organization that was formed in 1988 to provide fitness

professionals across the globe.

Focus of Certification:

ISSA-CPT encompasses a wide array of topics including anatomy, physiology,

biomechanics, and nutrition.

Suitable for trainers who wish to work with children, the elderly and people with

disabilities.

Price (All Levels):

Standard Certification Package: $999

Elite Trainer Bundle: $1,499 (Specialization Included)

Master Trainer Bundle: $1,999

Retake Fee: $50

Study Materials/Access/Tests/Exams Included:

Online textbook and interactive study guides.

Access to ISSA online learning platform.

Practice quizzes and final online certification exam.

Unlimited access to student forums and ongoing support.

Certification 3: American Council on Exercise (ACE) – Certified Personal Trainer (CPT)

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Acronym/Abbreviation & Governing Body:

ACE-CPT is the American Council on Exercise – Certified Personal Trainer.

Governing Body: ACE is a non-profit making organization that was established in 1985 with

the aim of certifying fitness professionals and encouraging people to engage in physical

activities.

Focus of Certification:

ACE-CPT is a client-centered approach that combines behavior change theories with

exercise science to create effective fitness programs.

For trainers who are interested in working with the general population and those who want

to learn about behavior modification.

Price (All Levels):

Basic Package: $599

Plus, Package: $699

Advantage Package: $799

Retake Fee: $199

Study Materials/Access/Tests/Exams Included:

Based on the package, it includes either the digital or physical textbooks.

ACE online learning platform and study guides for access.

Practice exams and final certification exam.

Additional resources like video lectures and webinars.

Certification 4: National Strength and Conditioning Association (NSCA) – Certified Personal

Trainer (CPT)

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Acronym/Abbreviation & Governing Body:

NSCA-CPT is the National Strength and Conditioning Association – Certified Personal

Trainer.

Governing Body: NSCA is an organization that was established in 1978 and is well known in

the strength and conditioning area.

Focus of Certification:

NSCA-CPT is focused on working with both active and sedentary populations to enhance

strength, power, and endurance.

Well suited for strength coaches and those working on athletic performance.

Price (All Levels):

NSCA Member Fee: $300

Non-Member Fee: $435

Retake Fee: $250

Study Materials/Access/Tests/Exams Included:

Textbooks and online resources.

Practice exams and optional workshops.

Final certification exam with the possibility of a retake.

Certification 5: American College of Sports Medicine (ACSM) – Certified Personal Trainer

(CPT)

Acronym/Abbreviation & Governing Body:

ACSM-CPT stands for the American College of Sports Medicine – Certified Personal Trainer.

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Governing Body: ACSM was founded in 1954 and is one of the leading organizations in the

sports medicine and exercise science field.

Focus of Certification:

ACSM-CPT trains professionals to work with a variety of clients by emphasizing health

promotion, rehabilitation, and preventive care.

Good for people who work in clinical, rehab, and wellness environments.

Price (All Levels):

ACSM Member Fee: $279

Non-Member Fee: $349

Retake Fee: $150

Study Materials/Access/Tests/Exams Included:

Official ACSM textbooks and study guides.

Access to online resources and practice quizzes.

Certification exam and study prep tools.

Certification 6: National Federation of Professional Trainers (NFPT) – Certified Personal

Trainer (CPT)

Acronym/Abbreviation & Governing Body:

The acronym NFPT-CPT represents the National Federation of Professional Trainers –

Certified Personal Trainer.

NFPT was founded in 1988 as a governing body which grants entry-level training

certifications.

Focus of Certification:

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NFPT-CPT establishes core personal training principles that concentrate on fundamental

entry-level fitness education alongside safety protocols.

This certification suits those who want to establish a basic foundation that will lead them

to advanced specialization areas.

Price (All Levels):

Basic Package: $199

Standard Package: $399

Premier Package: $499

Retake Fee: $119

Study Materials/Access/Tests/Exams Included:

NFPT members receive full access to their online portal and study guides.

Textbooks and practice exams.

The program includes a final certification exam and continuous support materials.

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